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# homemakers' chat

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U. S. DEPARTMENT  
OF AGRICULTURE

3 Hh  
FRIDAY, JUNE 4, 1943

SUBJECT: "STRETCHING YOUR CANNING SUGAR." Information from home economists of the U. S. Department of Agriculture and officials of the Office of Price Administration.

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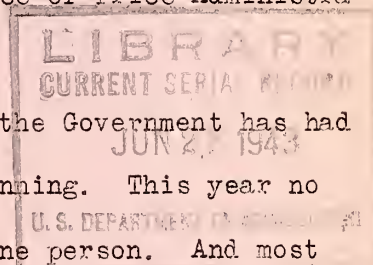
Sugar is scarcer this year than last. So this year the Government has had to set a limit to the amount of sugar you may have for canning. This year no one may have over 25 pounds. That is the limit for any one person. And most people will not need that much...can get along with less, often much less. As you know, you get your first 10 pounds of sugar for canning on two of your sugar ration stamps--stamps 15 and 16 in War Ration Book One, recently set aside just for canning-sugar. Then, if you want more sugar for canning later, you apply to your local ration board. Like last year the rule this year is one pound of sugar for 4 quarts. This averages a half cup of sugar for each quart jar of fruit.

Most women who did any canning last year discovered many ways to stretch their canning sugar. Today let's review some of those ways so that you can make the most of your canning sugar...so that you can help make your sugar and your country's supply of sugar go farther and last longer.

One way to make sugar go farther is to put up fruit in its own juice...that is, use a sirup made of fruit juice and sugar rather than the usual sirup of water and sugar. Canning with juice this way makes the most of the natural fruit flavor. Fruits may not look as beautiful as they did canned in clear sirup of sugar and water, but they have more fruit flavor and more food value.

Use the softer, riper fruits to make juice. Use the firmer fruits to pack in the jar. Crush the riper fruits and heat in the saucepan with a little sugar. When the juice starts to run, strain it off to use in making sirup.

Of course, you will also get juice when you precook the fruit before you pack





it in jars. Precooking and packing hot has several advantages. It not only draws out juice that you can use for sirup...it also shrinks the fruit so you can get more in the jar, and cuts down the time necessary for processing.

With the juice you have, you make a sirup to pour over the hot fruit in the jar. And here is where you have another opportunity to stretch your sugar by making sirup to suit the sweetness of the fruit. For sweet fruits make a thin sirup...for sour fruits make a thicker sirup. But this year when sugar is scarce, a really thick heavy sirup is "out". No fruit you will be canning is sour enough to need the very thick sirup some people used to use for canning. Here's an example of how you can adapt your sirup to your fruit: For sweet cherries use a thin sirup made of 1 cup of sugar to 3 cups of sweet-cherry juice. For sour cherries--pie cherries--use a moderately thick sirup made of 1 cup of sugar to 1 cup of sour-cherry juice. But for blackberries, or for some other fruit in between sweet and sour, use a moderately thin sirup made of 1 cup of sugar to 2 cups of juice. Of course, you can always add a little extra sugar to the canned fruit when you serve it, if by any chance you haven't made it sweet enough for your taste when you canned it.

If you haven't enough fruit to use for juice, or if the fruit is not juicy enough in itself to give off much juice when you precook it, then make your sirup of sugar and water. But remember those proportions for sirup: thin sirup 1 cup sugar to 3 cups water...moderately thin, 1 cup sugar to 2 cups water...moderately thick, 1 cup sugar to 1 cup water.

Another way to stretch sugar in canning is to put up some of your fruit as juice rather than as whole fruits. You can put up juice with no sugar added... or with just a little. If your fruit crops come on faster than you can get sugar, then putting up juice is a way to save the fruit. Of course, you can put up the fruit itself without sugar. But sugar is a help in keeping color, flavor and shape. Fruit put up without sugar won't spoil if you process it correctly,





but it may not look so attractive or have as much of a fruit flavor after it stands a few months on the pantry shelf.

Still another way to save sugar is to use some of a mild-flavored sirup like honey or corn sirup along with sugar in making the canning sirup. You can use honey to replace up to half of the sugar...and corn sirup to replace up to a third of the sugar. If you use more honey or corn sirup than this in your canning sirup, you may find that the sirup flavor will be so strong it will mask the delicate flavor of the fruit.

So much for stretching sugar in canning. Now about stretching sugar in preserving. As you know, the allowance of sugar last year was only 1 pound of sugar per person for preserves, jellies and so on...this year the allowance is up to 5 pounds per person. Of all the sweet spreads jelly and preserves take the most sugar in proportion to fruit and fruit butters take the least. In making jelly you use from three-fourths to a cup of sugar to each cup of fruit juice. But in making fruit butter you use a cup of sugar to each quart of fruit pulp. Next to fruit butter, marmalade probably takes the least sugar. So if your family likes plenty of sweet spreads on bread, you can get a good deal more for your sugar if you put up more fruit butter and marmalade....less jelly and preserves. But you can bottle fruit juice and make jelly of it later in the winter when you have some of your regular sugar to use for it. Or you can put up fruit pulp without sugar and later make it into jam or other spreads.

With the 1943 allowance for canning-sugar...and with some ingenuity in using it, no one needs to let any fruit go to waste this summer.

